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Islam hate hotline to ease fears

RELIGION

Brussels attack prompts outlet for aid, comfort


Aaron Chatha
Metro | Calgary

ACAD student Shahtaj Shahid said that since the attack in Brussels, the Muslim population in Calgary is living their days in fear of hate crime.

"As a Muslim myself, I can tell you that most of us are tired of the anxiety and stress caused by the issue," said Shahid.

Now Muslims who are concerned or have been victims of Islamophobia have a resource for emotional assistance or to find the proper avenue to seek help.

The Alberta Muslim Public Affairs Council has launched a toll-free Islamophobia Help Hotline to patch callers to volunteers within the Muslim community, including counsellors.

Calgarian Shima Safwat said the hotline could help women who wear hijabs and niqabs.

"I haven't experienced anything, thank God, but my husband is telling me to take care and stay home because it's not always safe anymore," she said.

Aurangzeb Qureshi, vice-president of communications with the council, said it's not a response to an increase in Islamophobia but a pre-emption.

"I think it's a way of emphasizing the fact that the Calgary public cares about the Muslim community," she said.

The hotline can be reached at 1-800-607-3312.



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The 2016 JUNO Award Primer



Aaron Chattha
Metro | Calgary

Celebrating Canada's music industry, the Juno Awards are coming to Calgary for the second time. In preparation for the Sunday, April 3, broadcast at the Scotiabank Saddledome, Metro got a primer in Juno Award history.

1 How long have the Juno Awards been around?

They were founded as the Gold Leaf Awards in 1970. It began as a one-night industry event held in Toronto, as a theatre-style event.

It was first broadcast as the Juno Awards in 1975, where more than 155 million Canadians tuned in to watch.

It was in 1990, when the awards were held in Vancouver, that the Junos began a tradition of hosting in a different city each year.



An original statue from the 1970 awards. **JUNO AWARDS**



Anne Murray FRASER MACPHERSON ESTATE

2 Who was the first Artist of the Year winner at the Junos?

Technically Shania Twain was the first winner of Artist of the Year in 2003. But, the awards have gone through a few name changes.

The first male and female Vocalist of the Year awards were given out in 1970. The winners were Andy Kim and Ginette Reno.

However, Gordon Lightfoot would take home the male Vocalist of the Year award for the following three years, and Anne Murray took home the female Vocalist of the Year award for the next five years.



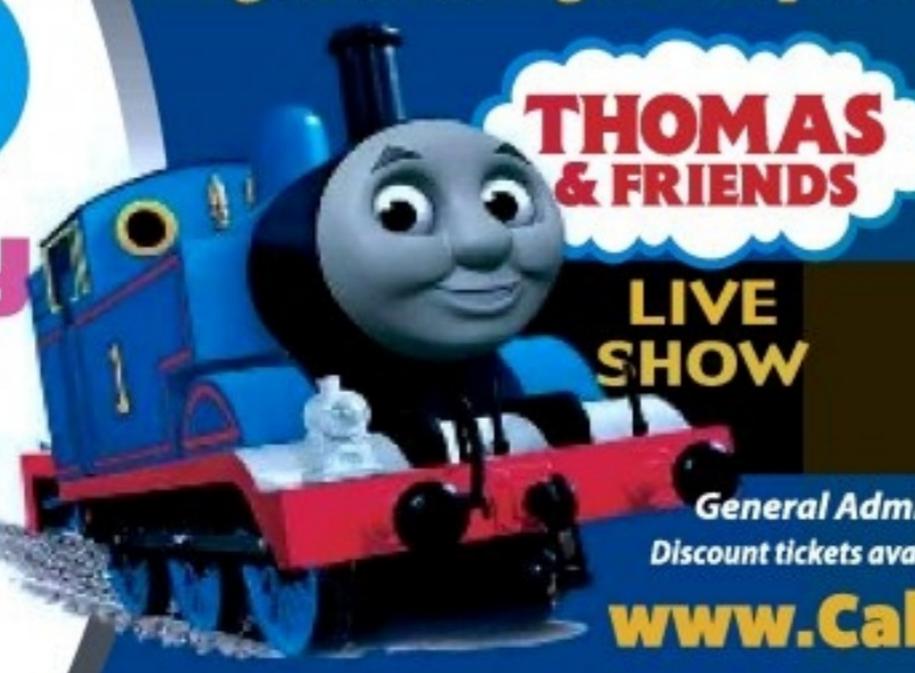
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3 Why was Calgary selected as host?

This is the second time Calgary has hosted the Juno Awards, with the first being in 2008. The decision is made by the Canadian Academy of Recording Arts and Sciences (CARAS), who select the host city based on factors including: hotel availability, ease of access for transportation, venues for events and local support.

What really clinched it for Calgary was the success of the 2008 show, and the support of the city, which included dubbing 2016 the Year of Music in Calgary.

4 How is a Juno winner selected?

Artists have to submit online to win. Submissions are reviewed and chosen by two groups.

The first are judges, who are music industry professionals with specific genre-based knowledge of their assigned categories. There are 10 judges per category.

Other categories are voted on by CARAS academy delegates, who are active members of the music industry.

Additionally, the Board of Directors determines the International Album of the Year.

5 Which artist has won the most Junos ever?

Anne Murray has won the most Juno Awards, with a total of 24. Her first was in 1971. Following right behind her is Celine Dion, who has won 20 awards. Her first was in 1991.

IN BRIEF**Calgary police respond to stabbing near Crowfoot Crossing**

Calgary police are still looking for a suspect after a stabbing in the northwest.

CPS was called to the Crowfoot Crossing shopping area at 12:54 p.m. Tuesday after receiving reports of a stabbing.

Calgary EMS responded to the call in the 600 block of Crowfoot Crescent.

Bystanders reported that a male in his late teens entered a commercial business with apparent injuries.

He had sustained a stab wound during an altercation that occurred at a different location.

He was taken to Foothills Hospital in serious condition.

METRO

Fire crews contain huge grass fire north of city that razed 4 outbuildings

Firefighters have managed to contain a huge blaze north of Calgary that destroyed four outbuildings.

RCMP say the fire started along Range Road 281 between Township Road 252 and Highway 564.

Officials in Rocky View County say it started as a grass fire at about 12:40 p.m. Tuesday.

It then spread to a large area.

Crews were able to save two nearby homes. Officials say crews will remain on scene for several more hours to monitor for hot spots.

The cause of the fire is under investigation.

THE CANADIAN PRESS



Grade 10 student Ace Peace said the policy is a huge win for transgender kids like him. AARON CHATHA / METRO

EDUCATION**President of MRU feels heat**

Helen Pike
Metro | Calgary

The buck stops here. I'm sorry.

That's David Docherty's response to mistrust among faculty at Mount Royal University. The university president acknowledged that mistrust resulted from a series of unfortunate events, budgetary misunderstandings, and the abrupt departure of the institution's provost and vice

president academic.

Chairs and faculty members spent Tuesday's budget town hall meeting asking about communication and how morale can be fixed.

"I can tell you that we're aware of the low morale and it's a tough economic time, this government's trying its best under tough economic conditions to support post-secondary, for which we're very, very grateful," said Docherty.

The town hall was moved up a couple of weeks after a memo issued by the provost stirred up concerns over budget cuts last week. The message that came down, according to those on the receiving end, was to make \$4.7 million in cuts, increase class sizes and reduce contact hours.

Docherty said the email was meant as an exercise to have departments look back on last year and rationalize where extra costs are coming from.

"I'm sorry for the fact that faculty and others had to go through the exercise that they did."

Policy moves forward

LGBTQ RIGHTS**School board guidelines pass second reading, parents divided**

Aaron Chatha
Metro | Calgary

In high school, Jonathan Catena was bullied because of his sexual orientation. It got to the point where he had to drop out of school and finish his education online.

Catena spoke to a divided group of parents and stakeholders on Tuesday at the Calgary Board of Education Board of Trustees meeting — just before the board passed their second

Bill 10 and gender policy draft.

"This is a really great move in the right direction for the LGBTQ community," said Catena. "Going forward, this is really going to help students that are in this position."

"A policy like this would have kept me in a traditional classroom."

The policy, which will be submitted to Alberta Education for discussion and final approval, includes a student's right to self identify, confidentiality and to use the bathroom they identify with, or a gender-neutral washroom.

"There is no place for intolerance at our schools. This is a place where we welcome

and create safe, caring learning environments for all our schools," said Joy Bowen-Eyre, board chair.

But not all parents at the meeting were in agreement over what constitutes a safe and caring learning environment.

Parent Jackie Wu said she's heard reports of males lying about being transgender in order to access female-only spaces.

"That made me feel very anxious for any teenage female," she said. "It has nothing to do with sides, but it's about things being taken advantage of."

Grade 10 student Ace Peace,

There is no place for intolerance at our schools.
Joy Bowen-Eyre

who is transgender, when addressing the board said he's not sure where people want him to use the washroom.

"But it doesn't make sense to me," he said.

"When they think their kids are at risk, it's kids like me that are going into the washrooms that are being harassed and harmed."

Other parents, like Shane Gross, questioned why the CBE didn't engage parents for feedback on the policy in the same way they recently reached out for opinions on transportation.

Bowen-Eyre said she encourages parents with concerns contact their child's school about anything relating to the policy.

School boards across Alberta have until March 31 to submit a policy draft for final approval.

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Peace officers must learn about diversity: Newcomer

HUMAN RIGHTS

Calgary Transit acknowledges woman was wronged

Helen Pike
Metro | Calgary

Frustration, confusion, shame and fear.

These were only a few of the emotions running through Aneela Arif's head when she was asked to step off the CTrain by a group of male peace officers who told her the pass she had purchased weeks ago wasn't hers.

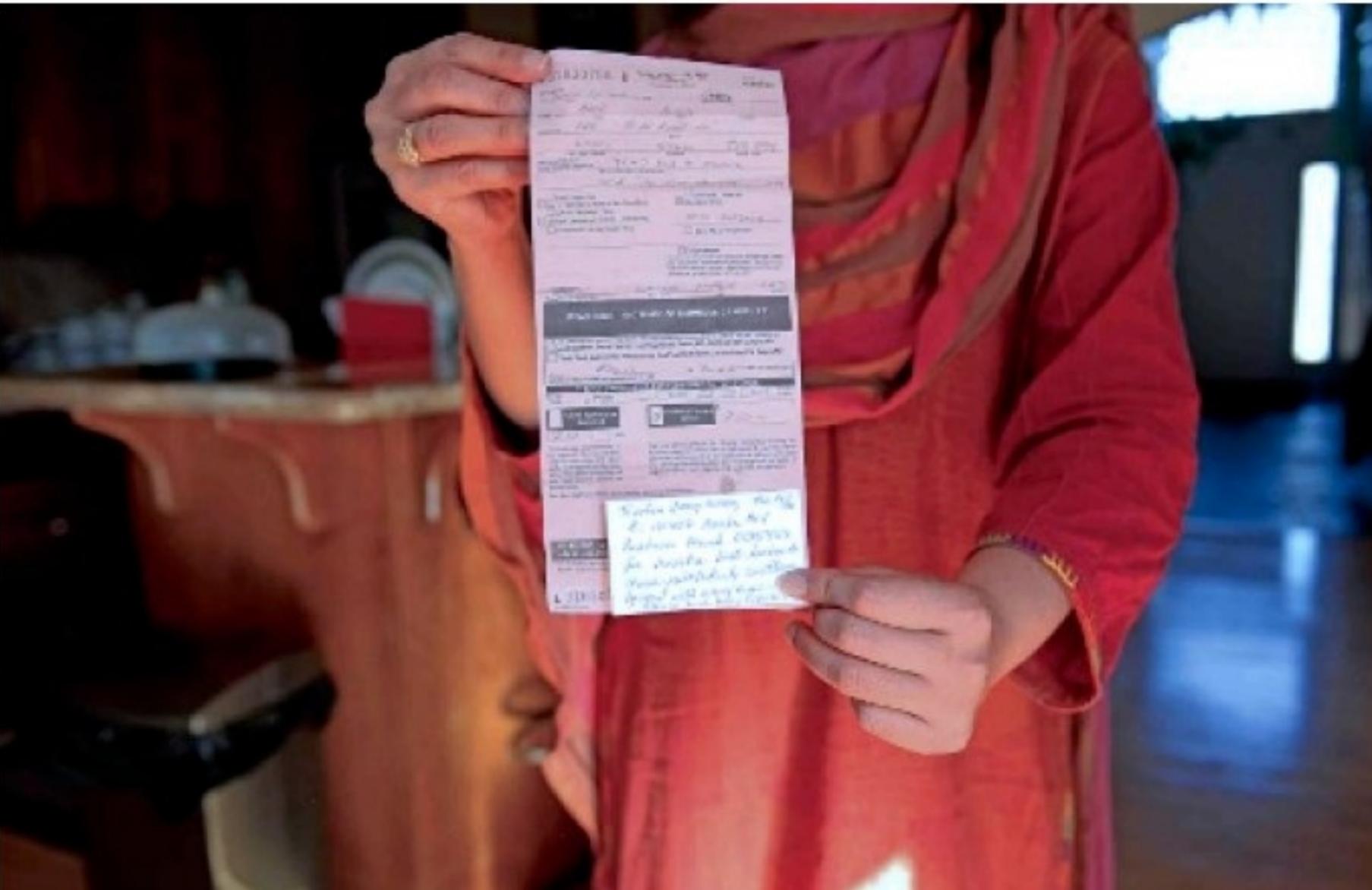
Arif immigrated to Canada from Pakistan. She's alone in a strange country surrounded by uniformed men.

"It was trauma for a few moments," Arif said. "What's going on. My husband's not with me. What are they talking about? I got this pass myself, I got it. How can I make them think I haven't done anything?"

She was holding a low-income pass, which was purchased by her, but by mistake registered under her husband's name. Those passes are non-transferable, so, in the eyes of the transit officers, she was in the wrong.

Surrounded by four men, she was given a \$250 ticket and told to get home she would have to present it as proof of payment.

"I thought, I haven't done any sort of violation, why should I be showing it to the bus driver?" Arif said. "This is not the way."



Aneela Arif holds the infraction ticket with a business card. After being issued the ticket, she was given a note from a supervisor that said Calgary Transit had made a mistake.. HELEN PIKE / METRO

To avoid being embarrassed, she decided to walk from the Genesis Centre to the Saddletowne station where she waited to talk to a supervisor about the mishap.

Arif has a bad back, and is recovering from an arm fracture.

This is another struggle on top of her many worries in Canada.

She and her husband are looking for jobs, trying to get their kids accustomed to their new surroundings. Trying to get settled.

Not even 24 hours after the

ordeal was over her ticket was metaphorically shredded, and an email let her know she no longer had to go to court. Why? Because Calgary Transit made a mistake.

The email, which Metro reviewed, was brief, informative, but had no apology attached.

Brian Whitelaw, co-ordinator of public safety at Calgary Transit, said these types of misunderstandings happen all the time, both in transit and policing. All his officers can do is try their best.

"We try to resolve concerns

if we can due to misunderstanding," said Whitelaw.

"It always feels very intimidating, even with two people, particularly if you're a new Canadian with a different understanding of police."

Officers working for Calgary Transit are from all corners of the Earth and they do get multicultural training and officers are aware, some firsthand, with problems new Canadians encounter.

"For the most part they're alert to the fact that there's language issues and that many

documents that explain things to new Canadians are in French and in English, sometimes that can lead to confusion as well," Whitelaw said.

With the experience behind her, Arif said she just wants officers to use respect, and treat newcomers with care and attention to their cultural differences.

"There should be a woman on the trains too," Arif said.

Most of the passengers, at least half, are ladies, they feel comfortable if there's a lady with the man."

PROPERTY VALUES

Homes assessed, few gripe

Brodie Thomas
Metro | Calgary

Unhappy with the value listed on your property assessment this year? You're among the minority.

The annual assessments on which a property owner's tax bill is based go out by mail in early January.

Property owners have several weeks to appeal the result, and this year the city saw an increase of 12 per cent, or about 500 complaints, to a total of about 4,500.

John Lindsay, manager of assessment development services for the City of Calgary, said that number is in the mid range of where it usually is. In the past six years the city has seen a low of 3,500 appeals and a high of just under 5,000.

"We're basically in that range all that time — up and down a little bit, but overall there's little alarm for the change that we've seen," said Lindsay.

The majority of complaints were from non-residential properties such as industrial lands and businesses.

More than 1,100 homeowners appealed their assessment this year.

Coun. Ward Sutherland said he's a bit surprised that more homeowners didn't appeal, given the state of the economy.

He expects if the city does see a significant jump in homeowners appealing their property value, that will happen next year because assessments are based on the market value in July of the previous year.

Lindsay said the official deadline for appealing has passed, but he encourages any one with questions about their assessment to contact the city.

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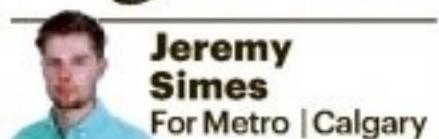
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POLITICS

Right would be wrong to unite: Strategist



**Jeremy
Simes**

For Metro | Calgary

The emergence of another Unite the Right group has one political strategist rolling his eyes.

Prem Singh, co-founder of Alberta Can't Wait, said she isn't a fan of the political spectrum, but wants conservatives to put aside their differences to ensure the NDP isn't re-elected and that all Albertans are heard.

But political strategist Stephen Carter said no political parties are going to benefit from a possible PC-Wildrose merge.

"We're not as right wing as people think we are," he said. "Uniting the Right isn't a recipe for success — the best way to get elected is to go where the voters are, and they're not at the right."

"If I was the Wildrose, I'd get them to forget about Unite the Right and instead unite the voters."

But Singh said Albertans want a conservative government.

"I don't think there's a mechanism for the average Albertan to voice their opinions and their desires," she said.

Singh noted distrust lingers between both the Wildrose and PCs, adding the topic of social issues will be discussed at its forum later this month.

With a possible unification of conservatives, centrist voters — those who are fiscally

conservative and socially liberal — will be left with fewer options.

Alberta Party Leader Greg Clark said his party's doors are open to those who aren't a fan of the province's two conservative parties.

He said Alberta Party memberships have increased by about 20 per cent since the last general election.

Alberta Can't Wait will holds its event on April 30th at Red Deer College.



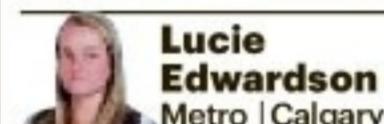
I got their backs, because that's what

Ryan Sauvé in his rap video Respect Diversity. SCREENSHOT

Dad rhymes for equality

LGBT RIGHTS

Ryan Sauvé made positive rebuttal to anti-trans song



**Lucie
Edwardson**

Metro | Calgary

thought, let's put out a message of equality, inclusivity and tolerance and maybe if kids see my video they'll know that they're not alone and that they have support."

The father of two young children said although his kids aren't directly affected by the guidelines yet, he wants to make sure they feel supported if they ever felt uncomfortable in their skin. He said the response he's received has been mainly positive, even if they don't necessarily think he's the greatest rapper of all time.

"My brother just texted me saying one of the comments he saw was, 'This is a good day for equality, but a bad day for rap,' and I think that is the best comment ever — hilarious," he said. "You take it in stride and you get the message out there."

Sauvé, a filmmaker by trade, said he wants to thank Pride Calgary for their help in editing and vetting his lyrics.

+ SUPPORT

According to Trans Pulse Project, in families where parents are very supportive of their trans child, as opposed to somewhat or not at all:

- The degree to which the trans youth is satisfied with life raises from 33% to 72%
- High sense of self esteem in the trans youth raises from 13% to 64%

- A very good to excellent state of mental health raises from 15% to 70%
- Adequate housing for the trans youth raises from 45% to 100%

SOURCE: TRANS PULSE PROJECT

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Alberta's economy 'unique', Ceci says

NATIONAL WATCHDOG

Government says it won't back securities regulator plan

Alberta's NDP government said Tuesday that it will not sign on to a national securities regulator because the province's economy is "unique."

Finance Minister Joe Ceci told a news conference that his government will maintain the province's opposition to the plan.

"The size and scope of our energy sector is an area of pride for Albertans. It makes us unique," Ceci said in Calgary. "A unique economy deserves a unique regulator."

He said local regulators with "street-level knowledge" can better respond to regulatory

challenges in real time.

"When regulators oversee highly localized and specialized markets, as they do in Alberta and many regions across Canada, it is more valuable to be local than thousands of kilometres away on Bay Street," said Ceci.

Ontario, British Columbia, Saskatchewan, New Brunswick, Prince Edward Island and Yukon have all signed on to the national securities regulator.

Quebec remains opposed and has launched a legal challenge, arguing that the regulation of securities should remain within provincial jurisdiction.

When asked if Alberta would also push against the national regulator, Ceci said it was something he would consider.

If implemented, the national body would help oversee stock markets by policing abuses and securities fraud.

While Alberta won't join the

national regulator, Ceci said the province would continue to work to harmonize capital markets and that it supports the so-called passport system in which the decisions of one provincial commission are applicable in other provinces.

All provinces except Ontario have signed onto that "single window of access" system.

Ceci's comments came as he announced the appointment of Stan Magidson as chairman

and chief executive of the Alberta Securities Commission. Magidson said there is expertise on areas of energy regulations and disclosure that make Alberta best suited to regulate the province's securities market.

"It's having a regulator that really understands the nuances of its industry that I think informs the discussion," said Magidson.

THE CANADIAN PRESS

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Breaking down religious barriers: Traci Hubbard, Anne Cunningham, Sam Nammoura, Hiyam Janoudi, Nagham Ghannam, Adel Ghanam, Tracie Ontko, Jennifer Ferguson and Cynthia Simmons. KENNETH APPLEBY/FOR METRO

SYRIAN REFUGEES

Interfaith group to sponsor a family

 **Lucie Edwardson**
Metro | Calgary

Humanity has no religion, and three religious groups here in Calgary are proving just that.

Members of Temple B'nai Tikvah, Living Spirit United Church and Friends Church have joined forces to sponsor a Syrian refugee family despite their differences in religious beliefs.

"The point is there is no point to be made," said DeAnn Watson of Friends Church. "We go to our churches to satisfy our souls but we don't need that to govern every other part of our lives. We break down the walls because the base of any religion is the same: compassion."

Cynthia Simmons of B'nai Tikvah said it thrills her to be a part of something that helps ease the suffering in the world.

"The fact that we can all work together while doing that I think is fantastic," she said.

Anne Cunningham of Living Spirit United Church said all three groups have brought unique strengths to the table.

"With our congregation we have fewer bodies to do the kinds of jobs that need to be done, whereas Friends is a younger congregation and

they have lots of bodies to do more of the things that need to be done, and Temple B'nai Tikvah has some professional people that can really help the family in different ways," she said. "I think it was divinely inspired myself."

Hiyam Janoudi and her husband Adel Ghanam, who moved into a home provided by their interfaith sponsors, said their family is so grateful for the massive support team they have.

"We thought maybe we'd get a house where we would be able to live and survive, see light, see sun, but when we got her and met this wonderful group and saw this beautiful house I was surprised, it was beyond my imagination," said Janoudi through a translator.

Ghanam said the only barrier they face is language, but said the entire family is working to improve their English every day.

"The whole entire group treats us with the highest level of respect, not just for me and my wife, but also for my children," he said, with help from a translator. "We feel there is love, respect and caring. It's a deeper connection."

Sam Nammoura, co-founder of the Syrian Refugee Support Group (SRGS) connected the family with their sponsors.



How to NOT look like a “DESPERATE” housewife!


**ROBERTA
SEGAR**

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Have you ever wondered why some of your friends look so much younger than you do? It may be their best kept secret. They might be getting Botox and dermal fillers! Combined, they are known as a Softlift™, and when done correctly, Softlift can take years off of anyone's appearance. Thanks to shows like Desperate Housewives, however, there are a lot of misconceptions that taint opinions and deprive many from the benefits because they don't want to look unnatural. This article will attempt to clear up the misconceptions.

As we age we lose fat on our faces. Our cheeks, which were full and high when we were young can sink and develop a triangular shaped flat spot that can appear shaded and grooved. Many of us lose volume in the orbits of our eyes. This causes eye circles that may or may not be dark in appearance. We also lose volume in our lips and other areas of our faces. This lost volume allows the face to fall and contributes to the appearance of lip lines and the folds that appear at the sides and corners of the mouth. Even when we are young, lack of volume can make us look tired!

Lost volume in the face is easy to replace with dermal fillers! This popular procedure can restore the contours and shape your face had when you were younger. Fillers can also be used to create volume where it has never existed. A skilled injector is able to place the correct consistency and amount of filler to precisely replace or create volume to the areas of the face that can benefit.

Results are instant and natural in appearance!

As we age we also develop wrinkles and lines that eventually become permanently etched in our features. They result from animating the face. We frown, we raise our

eyebrows in surprise or joy, we smile, we squint, and we pucker our lips. Animation of the face is, of course, a good thing. The deep lines that result, however, can make us look angry or stressed out when we are actually relaxed and happy.

A class of medications known as neuromodulators can relax muscles to create a more youthful appearance. Neuromodulators have been used for many years to treat many medical conditions. In tiny doses for cosmetic purposes they are used to relax crowsfeet around the eyes as well as frown lines and horizontal lines in the forehead. They can also be used to relax lip lines, neck bands, bunny lines on the nose, a gummy smile, a masculine jawline, and more. Neuromodulators that are currently in use include Botox™, Dysport™ and Xeomin™. Popular with women and men, it is the most utilized cosmetic treatment in the world.

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Skinpossible's team of injectors use advanced treatment techniques to ensure that our clients are comfortable. In some areas of the face where a high degree of precision is needed we transfer the filler into smaller needles before we inject it. In areas such as the lips we will first apply numbing cream to desensitize the skin. In other areas we will choose to avoid the use of needles altogether and use a micro-cannula to place the filler. The micro-cannula is being called the 'Ouchless Needle.' It is small and the tip is rounded. The value of the blunt tip is that it is comfortable and the risk of bruising and damage to the skin is minimal.

Administering neuromodulators and dermal fillers is an art! The skill and experience of your injector will very much dictate the outcome. The key is to do enough, place it properly and not overdo it. Neuromodulator dosing that is too high can freeze features and create a rather odd

looking appearance. Moderate dosing, on the other hand, creates a natural, youthful looking appearance that you will love. The results from filler can range from subtle to dramatic but it is important to not overdo it. Too much filler can look unnatural. As a rule of thumb, less is more. If your face can't move or your lips enter the room before you do, you may have lost perspective!

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Getting interested in being (the characters) was to get over social anxiety.

Kay Pike

INTERNET HIT

Local designer uses paint to turn into comic characters

Kay Pike stands in front of a giant lit mirror, dabs her brush into a glob of paint and touches it to her skin.

She'll repeat the motion thousands of times over the next 12 hours as she transforms herself from a willowy blond artist to the dark-haired Man of Steel for a throng of viewers following along on the Internet.

"We don't talk about gender roles on my channel. In fact, when people say you should paint yourself as Superwoman, I'm like, 'No. I want to paint myself as Superman,'" says Pike, who, when she's done, looks like she could have been ripped from a comic book panel.

"It doesn't matter. When you're painting a canvas, you're not thinking this is a girl canvas or this is a boy canvas."

Pike is a fan of cosplay in which participants wear costumes and fashion accessories to represent a specific character from anime, comic books and cartoons, video games or movies.

Twice a week, the 28-year-old spends up to 15 hours turning her body into a different character for an Internet audience.

"I've been painting my whole life. It kind of comes easily to me, but it's a lot of practice and hard work too," Pike said in an interview with The Canadian Press at her studio in northwest Calgary.

"Art is art. I'm one of those art class nerds that would go and eat lunch in the art room and hang out with the art supplies."

After sitting as a body paint model for a friend, Pike realized she could still dress up without having to make a costume.

"It's magic."

She posted a video of her first solo effort on Reddit and it caught the attention of Twitch.

tv, a live-streaming company in San Francisco.

"One week later I was live-streaming body paint on Twitch."

Pike started in December at twitch.tv/KayPikeFashion and already has 163,000 followers on Instagram (@kaypikefashion).

Her sessions are a mix of reality TV and info-tainment. There are contests for signed prints or balloon animals she makes on screen.

She receives a little advertising money, but relies more on donations from viewers to offset her costs and from Patreon.com, a crowdfunding site for artists.

There is also cash from her fashion line, which she sells at comic conventions, as well as appearance fees.

"It's like small income from a lot of different places that add up to a mortgage payment."

Superman is a favourite of her husband, Moose, who narrates, reads posts from her followers and runs things behind the scenes.

In between singing along to pop music and answering

questions from her followers, she gives step-by-step details on how she goes about creating the character.

The audience is an equal split of male and female fans between 18 and 38.

She explained she was led to painting characters for cosplay "to get out of some mega-social anxiety. Having the fashion line we're going to the shows, right? I totally, 100 per cent, could not talk to anyone on the other side of the camera."

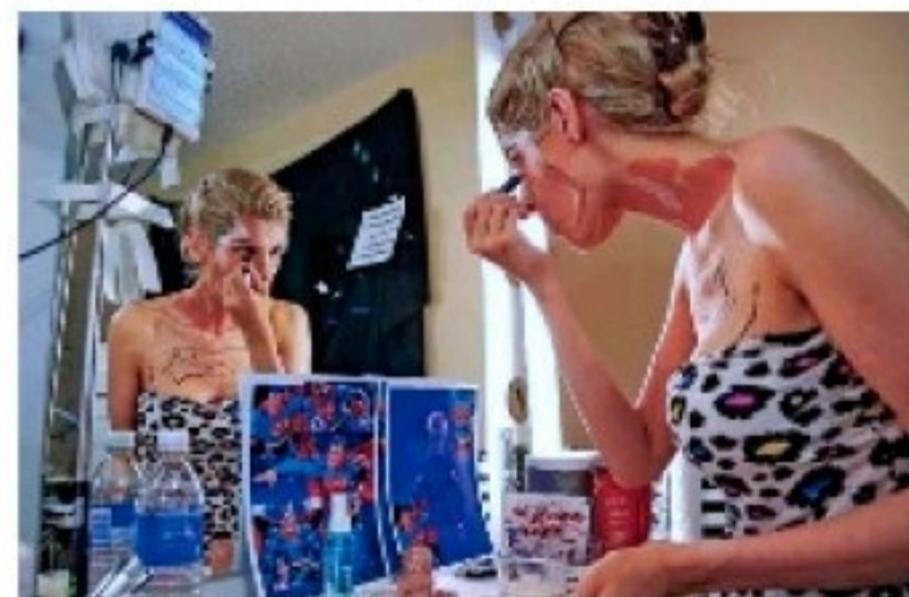
"I loved comic conventions and anime conventions, so getting interested in being (the characters) was to get over social anxiety."

Pike doesn't have any favourites. She refers to all her creations as her "little paint children."

She said it would be boring and lonely to do the painting without an audience.

"While you're painting it, it's a lot more satisfying ... because you have the joy of creation."

"At the end, it's a little sad to wash it off." THE CANADIAN PRESS



Over a 12-hour period, all the while live-streaming on the Internet, Kay Pike transforms herself using body paint and latex into Superman at her home in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

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BY THE NUMBERS

Saddle up, it's Juno time



The Scotiabank Saddledome is getting all geared up for this weekend's Juno Awards. CANDICE WARD/FOR METRO

3,850

There is a total of 3,850 square feet of stage.

ALSO IN

750,000 watts of lighting power.

As the city prepares for the biggest weekend in Canadian music, the Scotiabank Saddledome is well on its way into its makeover for Sunday's live broadcast of the 45th Annual Juno Awards. The event will air live from the Saddledome on April 3 at 7 p.m. Here are some of the numbers from behind the scenes of the set up. CANDICE WARD FOR METRO CALGARY

75 local crew members (3,400 person hours) working on the set.

75

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Head of MRU's Peace Studies Initiative, Mark Ayyash, says the decision to choose the TRC commissioners for the 2016 Calgary Peace Prize was unanimous. HELEN PIKE / METRO

Keep talking, proforges

TRUTH AND RECONCILIATION

Commissioners to accept Calgary Peace Prize Award

Stephanie Joe
For Metro | Calgary

Indigenous issues are not a thing of the past and people need to continue the conversation of reconciliation, according to an MRU assistant professor.

MRU is holding the 2016 Calgary Peace Prize Award ceremony on April 7 and this year the prize winners are the commissioners of the Truth and Reconciliation Commission (TRC) — Justice Murray Sinclair, Dr. Marie Wilson and Chief Wilton Littlechild.

John Lamming, Calgary Peace Prize committee organizer, said residential schools aren't that far back in Canadian history and that reconciliation is still a relevant topic.

"This is an opportunity for Canadians to right what happened in the past and recognize the mistakes that were made so they don't happen again," he said. "If we can achieve reconciliation, then we will be an example (for the rest of the world). People can learn from our mistakes and what we did to address them."

"They've moved on to other things," said Ayyash. "(However), the conversation doesn't stop."

Ayyash applauds the work the commissioners have put into the TRC, which made 94 recommendations for Canada

to better its relationship with indigenous communities.

"They did an extraordinary amount of work on this report," said Ayyash. "They changed public discourse on residential schools. We thought they should be awarded for this."

Although the work of the commissioners is complete, Ayyash wants to keep the conversation going.

"We thought it was important to keep talking about reconciliation, residential schools, and indigenous rights," said Ayyash. "We should be addressing (these issues) and facing them together. Reconciliation has to involve indigenous and non-indigenous community members."

Mark Ayyash, head of MRU's Peace Studies Initiative, said that the TRC mandate has been fulfilled and it no longer exists, though the work is just beginning.

"They've moved on to other things," said Ayyash. "(However), the conversation doesn't stop."

Ayyash applauds the work the commissioners have put into the TRC, which made 94 recommendations for Canada

They've moved on to other things ... [However], the conversation doesn't stop. Mark Ayyash

TRANSIT

Sohi not offering fix to past LRT deal

Ryan Tumilty
Metro | Edmonton

Ottawa's new transit funding plan will bring significantly more money for transit expansion to Edmonton, but it won't correct a funding imbalance left over from the previous government.

In a speech to the Edmonton chamber, Infrastructure

Minister Amarjeet Sohi touted the Liberals new infrastructure plan that will invest \$20 billion in transit across the country over the next decade.

The previous Conservative government committed \$400 million, or roughly 25 per cent, of the funding to the Valley Line LRT project, but then went on to make announcements in Calgary, Ottawa and Toronto, offering to cover up to 33 per cent of those project costs.

If Edmonton had received the same one-third funding agreement it would have amounted to an additional \$133.3 million to the city.

Mayor Don Iveson raised the issue during the campaign and sought commitments from all the federal leaders that the imbalance would be addressed.

Sohi said the government does not plan to deliver that \$133 million, because it isn't funding the projects in other

cities the way the Conservatives would have.

"The program that the previous government introduced to provide one-third funding to other systems, compared to less money for Edmonton, we are not going to continue that program."

Sohi said future LRT phases would be eligible for up to 50 per cent of the costs and the Liberals will treat all cities equally when it comes to funding.

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Cash crunch means mom can't have midwife at birth

HEALTH CARE

Group plans protest against funding cap that led to cuts

Jeremy Simes
For Metro | Calgary

For a moment, Kristal Hartnell considered giving birth at home without the help of a midwife or doctor.

Hartnell is among more than 1,000 women on a wait-list for midwifery care but, because of a broken funding model, won't likely receive such help — the practice she plans to go to, St. Albert Community Midwives, intends to close this fall.

On Wednesday at 11 a.m. in front of the McDougall Centre, midwife supporters will also hold a protest in support of removing the current funding cap.

"I had an appointment but they're closing their office the month I'm giving birth," she said. "It's really disappointing. It's horrible — I can't believe they didn't have the funding to begin with."

"I'm just disappointed with the province in general — Alberta has always been ahead when it comes to health care."

Hartnell hasn't always had the best experiences with obstetricians, either.

She said she found waiting

I had an appointment at St. Albert Community Midwives but they're closing their office the month I'm giving birth.

Kristal Hartnell

room times were long and appointments quick.

"I wanted a natural birth," she said.

"I think it's pretty much impossible if you go to a doctor. They're going to push medication no matter what."

When she gave birth to her son (who had jaundice), she said doctors kept him for longer than needed. She said her midwife — who couldn't assist in the birth because she had no rights in the area at the time — told her his jaundice levels weren't high enough to justify the length of stay.

"It was unnecessary," she said. "I wanted to breastfeed my son but a nurse bottle-fed him right in front of me. It was just a horrible experience for me in general."

After that incident, she then decided she would stick with midwifery care.

So when it came time to give birth to her daughter, Hartnell said she had no trouble.

"I was up making supper within hours of giving birth," she recalled. "I was very relaxed. I was calm."

Health Minister Sarah Hoffman indicated more funds would be available for midwives when the government releases its budget on April 14.

Hartnell said she's hopeful something good will come from that announcement.

"At the same time, I'm kind of nervous that it still might not happen," she said. "It's just hard to give up on that idea



Kristal Hartnell with her partner, son and daughter. Hartnell was hoping to have a midwife for her third child. JEREMY SIMES/METRO

on how my birth will be and how it's actually going to be."

She said she understands not all women would like midwif-

ery care, but she feels stripped of her right to choose her birth method.

"I have no choice but to go to

a doctor now," she said. "Ironically my appointment is on April 14th (budget day), so we'll see what happens."

MENTAL HEALTH Guards' training questioned

Jeremy Simes
For Metro | Calgary

In spite of growing concern for the safety of mental health patients, the Alberta Justice Department will not implement mental health training standards for guards in its training program.

Earlier this week, a Calgary woman alleged she was assaulted at the South Health Campus, prompting advocates to say hospital security staff lack adequate training to handle mental health patients.

Paladin Security, Alberta Health Services and the Calgary Police Service have been investigating the incident.

According to Solicitor General and Justice Ministry spokeswoman Veronica Jubinville, mental health training isn't part of the government's peace officer program. That's because only two employers — AHS and Covenant Health — have the authority to enforce certain sections of the Mental Health Act, allowing them to detain individuals in a secure treatment room.

The government said both AHS and Covenant Health provide additional training to guards employed with them.

"Ministry officials with the Peace Officer Program are satisfied with these authorized employers specifically providing this training to their peace officers," the Justice department said in an email.

But advocates think current security training fails to address mental health.

AHS said peace officers receive in-house training, while contracted guards receive their own training and mentored further by AHS staff.

Paladin Security declined to comment on its mental health training protocols, given it's part of the current SHC investigation.

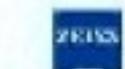
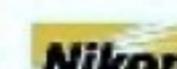


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Officers find handgun in camera bag

BORDER SERVICES

CBSA give rundown of notable finds from travellers

Someone attempting to cross the border into Canada left some shooting equipment in their camera bag, but it wasn't a camera.

The .357 pistol was one of three undeclared handguns seized in the month of February by Canadian Border Services Agency (CBSA).

Officers arrested the man with the bag on Feb. 2 at Coutts, and charges are pending.

They also arrested a woman travelling with him, who had a personal quantity of suspected methamphetamine.

On Feb. 24, also at Coutts,

officers seized a pair of undeclared handguns — a 9mm and a .44-calibre — and an overcapacity magazine from an Alaska man. The seized goods were in totes in a trailer. CBSA Criminal Investigations has charged the man on nine counts under the Customs Act and Criminal Code.

CBSA officers made eight drug seizures in February, which were mostly personal quantities of marijuana.

On Feb. 18 at Coutts, the CBSA's detector dog Comet indicated underneath the front passenger seat of a vehicle, where officers found 4.6 grams of suspected marijuana inside a cracker box.

They also found a small quantity of suspected shatter, a marijuana derivative, in a traveller's coat pocket. Officers arrested him and turned him over to the RCMP.

METRO



A man trying to cross into Canada hid this .357 handgun in a camera bag last month. COURTESY CBSA

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POLITICS

NDP tax policies pushing investment out: Wildrose

The opposition Wildrose Party is charging that Alberta is losing out on investment and income because of NDP tax policies. The Wildrose is citing a recent report that Calgary Sports and Entertainment Group principal Murray Edwards moving to London, England, as an example of how Alberta is losing out on high income earners who draw investment into the province. Edwards,

of Canadian Natural Resources and part owner of the Calgary Flames, now has his official residence listed as being overseas.

Wildrose Party leader Brian Jean said tax migration like this ultimately means slower growth for the economy.

"When high income earners decide to walk away from Alberta, that means less revenue potential to build schools and hospitals or hire teachers and nurses" Jean said. METRO

they didn't know whether the Canadian quakes were caused by fracking or by the disposal of waste water by injecting it back underground.

Public interest has been high, especially after a tremor in January shook pictures on the walls of homes in Fox Creek, Alta., a community in the centre of the Duvernay oil and gas field.

Eaton and his colleagues began with a database of more than 12,000 fracked and disposal wells drilled between 1985 and 2015. They cross-referenced that with another database of seismic events over that time.

A complex statistical analysis pinned the blame convincingly on fracking and not disposal, Eaton said.

"There are more earthquakes in Western Canada that are more related to hydraulic fracturing than waste-water injection by a factor of about two."

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Seven dead in plane crash

MAGDALEN ISLANDS

Ex-minister, family were travelling to father's funeral

Tragedy struck the tight-knit world of Canadian politics Tuesday after a plane crashed in Iles-de-la-Madeleine, Que., killing former federal Liberal cabinet minister Jean Lapierre, four members of his family and the two pilots of the aircraft.

The crash, which occurred as the chartered airplane was approaching the runway in poor weather conditions, was devastating for the Lapierre clan — those killed were on their way back to the remote island in the Gulf of St. Lawrence to attend the funeral of Lapierre's 83-year-old father, who had just died after suffering from Parkinson's disease.

Late Tuesday night, the Quebec coroner's office confirmed that in addition to Lapierre, the dead included: his wife, Nicole Beaulieu; his sister, Martine Lapierre; his two brothers,

Marc and Louis Lapierre; as well as the pilots Pascal Gosselin and Fabrice Labourel.

Montreal Mayor Denis Coderre, who sat in the Liberal cabinet along with Lapierre between 2004 and 2007, said: "Jean had antennas everywhere in the world of politics" — something that was key to his success in his post-politics career as an analyst and commentator on Quebec radio and television.

"People were not scared to confide in him, to 'go in the confession booth,' as he liked to say. He maintained his neutrality and spared no one in his commentary, not even his former colleagues," Coderre said in a statement.

Indeed, once his death was confirmed Tuesday afternoon after hours of rumour and speculation, tributes poured in from Liberal and Conservative prime ministers, from sovereigntists who briefly called Lapierre a colleague in the lead-up to the 1995 Quebec referendum, and from the media world, which also claimed Lapierre as one of their own when he quit elected politics for good.

TORSTAR NEWS SERVICE



The scene of the crash on Quebec's Isle-de-la-Madeleine on Tuesday. TORSTAR NEWS SERVICE

JEAN LAPIERRE
Tributes pour in

Tributes poured in Tuesday for ex-federal cabinet minister Jean Lapierre following his death in a plane crash in eastern Quebec.

Many well-known Quebec journalists posted messages on social media during the day, begging Lapierre to say something to deny rumours he was on board the plane.

"He was above all a communicator," said Montreal Mayor Denis Coderre. "He could say a lot in a few words."

"An utter shock to learn of the death of Jean Lapierre and many family members," tweeted NDP Leader Tom Mulcair. THE CANADIAN PRESS



Jean Lapierre
THE CANADIAN PRESS

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Home renos to boost your resale value

SELLING YOUR HOME

Start in the kitchen and work your way out

Lisa Evans

If you're renovating your home with an eye to selling, it's wise to focus on the renos that will yield top dollar from potential buyers.

According to Elli Davis, a real estate agent with Royal LePage, there are three main areas of the home where a reno can boost the asking price:

Kitchens and bathrooms
Davis says a renovated kitchen or bathroom can yield a return on investment of 50 per cent or more. They're the most-used rooms in the house, and many buyers seek out renovated kitchens and bathrooms simply because they don't want the cost and inconvenience of renovating them after they've moved in.

When renovating these rooms to sell, however, Davis recommends seeking the advice of a professional and choosing finishes that will appeal to a wide audience, not just your own taste.

"I've seen hot-pink kitchen cupboards or dark-blue cupboards," she says. "When you pick a colour that's not for everybody, it makes the audience smaller." Neutral tones are the smartest choice. "You can use bold colours in your towels and accessories but keep the tiles [and cabinets] light and bright," says Davis. It's also important to keep the height of the countertop and cupboards comfortable for the average person. Davis has seen homes with cupboards that only someone six feet tall can reach. "Don't think only of yourself but the average buyer and what they might want," she says.

Family-room additions
If your property has room for growth, Davis says a family-



A renovated kitchen can yield a return on investment of 50 per cent or more. ISTOCK



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Carry the colours of the season indoors by working them into your home decor in cushions, throws, accent pieces and artwork. ISTOCK

Decor that puts spring in your home

REFRESH YOUR HOME

Spring touches will impress potential home buyers

Lisa Evans

life into your home:

Get rid of clutter

Spring is a great time to de-clutter. Sorting through all the things you've accumulated over the winter months and purging things you no longer need gives your home that airy feeling of spring and makes sure potential buyers don't get distracted by piles of paper or toys.

Bring in spring colours

Carry the colours of the season indoors by working them into your home decor in cushions, throws, accent pieces and artwork. Head to a home-design store to see what colours are in season and pick up several pieces in your chosen colour.

"You want to make sure there's a bit of that colour at different points of the room," says Pineau. When selling your home, Pineau recommends

ceived as feminine, can throw some buyers off," she says.

Bring the outdoors in

As the trees outdoors start to turn green, add some greenery to your interior space as well. Plant an herb garden on your windowsill or bring in bouquets of brightly coloured tulips.

"They're very nice to look at and they make you really feel the season," says Pineau.

Swap textures

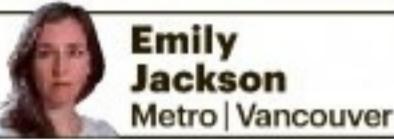
While heavy wool pillows and throws made your home warm and cozy in the winter, spring calls for lighter textures. Swap your heavy fabrics for breezy linens. You may also want to change up your heavy duvet for a lighter bedspread.

"White bed linens are always in style and you can add some accent cushions to change with the seasons," says Pineau. Don't forget to fluff up your pillows! "That breathes a bit of extra life and luxury," says Pineau.

Tenant shocked to find home on Airbnb

RENTALS

'We were shocked and pretty angry about it'



**Emily
Jackson**
Metro | Ven

When Theresa Mansell and her two roommates got an email from their landlord in mid-February stating they had to vacate their Burnaby, B.C. home so his family could move in, they were disappointed and made plans to leave at the end of March.

But they were suspicious about the reason for their eviction since a few weeks earlier, a photographer showed up to take photographs of the house for Airbnb, Mansell told Metro. At the time,

the landlord assured them he was only listing the basement suite, not the upper level of the house they rented for \$2,100 on a month-to-month lease.

"We ended up looking online and finding the ad for our actual place," said Mansell, a 24-year-old Emily Carr University student who is stressed about moving during final exams. "We were shocked and pretty angry about it."

Mansell's experience comes as

Metro Vancouver municipalities grapple with rental vacancy rates near zero, leading politicians to question whether short-term rentals on websites such as Airbnb are taking rental units off the housing market.

night in April and up to \$698 per night over the Canada Day long weekend.

"No wonder he wants to put it on Airbnb for the summer," Mansell said.

But the listings for the summer disappeared on Tuesday afternoon after Metro contacted the landlord via Airbnb.

"No, actually (it) is not available after end of April," the landlord wrote in messages on Airbnb (his full name isn't listed).



Theresa Mansell CONTRIBUTOR

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Hijacking of flight ends peacefully

EGYPT

'Unstable' man wearing fake explosives

An Egyptian wearing a fake explosives belt who hijacked a domestic EgyptAir flight and forced it to land in Cyprus on Tuesday surrendered and was taken into custody after releasing all passengers and crew unharmed following an hours-long standoff.

Officials said early on that the hijacking was not an act of terrorism, and later that the man appeared to be psychologically unstable. However, the incident was likely to renew concerns about Egyptian airport security months after a Russian passenger plane was downed over the Sinai Peninsula in a bombing claimed by Daesh.

"From the start, it was clear that this wasn't an act of terrorism, and despite the fact that the individual appeared to be dangerous in terms of his behaviour, we understood that



A passenger leaves a hijacked EgyptAir aircraft after landing at Larnaca Airport in Cyprus on March 29, 2016. THE ASSOCIATED PRESS

this was a psychologically unstable person," Cyprus' Foreign Minister Ioannis Kasoulides told reporters.

He said the man initially asked to speak with his Cypriot ex-wife, who police brought to the airport.

"After that, he started asking for European Union representatives to assure him about matters that had no logical basis," Kasoulides said.

At one point the hijacker demanded the release of women held in Egyptian prisons, but

he then dropped the demand and made others. "His demands made no sense or were too incoherent to be taken seriously," the minister said, adding that the contents of a letter the hijacker wanted to give to his ex-wife "were also incoherent."

Egypt's Interior Ministry identified the hijacker as 58-year-old Seif Eddin Mustafa. It said he has a long criminal record, with charges including forgery, theft and drug possession. He had also served time in prison, it said.

THE ASSOCIATED PRESS



MIGRANTS TENSIONS HIGH AT GREEK BORDER AS PROTESTS CONTINUE

Migrant children look from inside a rail car at a train station near a makeshift refugee camp at the northern Greek border point of Idomeni, Greece on March 29, 2016. More than 15,000 people — nearly a third of the total stranded in Greece — are refusing to move to government-built shelters around the country. DARKO VOJINOVIC/THE ASSOCIATED PRESS

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No more 'normal' in Brussels

BELGIUM

Residents say they fear terror attacks are 'not over'

Belgium's justice minister pleaded Tuesday for critics of Belgium's intelligence failures to focus on the hunt for those behind last week's Brussels attacks and November's massacre in Paris.

Investigators say they are still looking for at least one suspect in the attacks seven days ago, when suicide bombers killed 32 people at Brussels' airport and in a subway station near the European Union headquarters. Three suicide bombers also blew themselves up.

The Health Ministry and victims identification officials said 90 people remain in hospital, a third of them suffering from severe burns. In a joint press conference they said the 32 dead include 17 Belgians and 15 foreigners, while 44 of the wounded are foreigners from 20 nations.

Belgium has faced rising international criticism over its evi-

dent inability to identify and monitor Daesh activists living in the capital who have been deemed responsible both for the March 22 bombings in Brussels and the Nov. 13 attacks on Paris nightspots that left 130 dead.

Brussels Mayor Yvan Mayeur, who faces criticism for his own actions before and after the suicide bombings, said there is "no such thing as 'normal' anymore."

Paris Mayor Anne Hidalgo pledged solidarity with Belgium as it begins "a long and painful process of grieving and reconstruction."

Brussels' airport has yet to reopen since the attacks but has been testing a temporary check-in system for use in coming days. The subway system is mostly running again, though under heavy guard.

The Maelbeek station, hit by a suicide bomber in the morning rush hour, remains closed.

Passengers said they presumed the March 22 attacks would not be the last on Brussels.

"I think this is not over," said Franz Alderweireldt, an 82-year-old taking a train at a subway station next to Maelbeek.

THE ASSOCIATED PRESS



Policemen and soldiers are seen at a Brussels airport entrance. AFP/GETTY IMAGES

IN BRIEF

Capitol returns to normal

The U.S. Capitol complex reopened amid visibly higher security Tuesday, a day after police say officers shot and wounded a man who pulled a weapon at a security checkpoint as he entered the underground Capitol Visitor Center.

Larry R. Dawson of Tennessee, whom Capitol Police identified the man as the suspect, remained hospitalized and will not make a court appearance on Tuesday.

THE ASSOCIATED PRESS

Protesters flood Islamabad amid security crackdown

Hundreds of Islamic extremists resumed protests in Pakistan's capital Tuesday over the execution of a man who killed a secular governor, in a show of defiance amid a government crackdown following a suicide attack two days earlier.

The rally brought more than 10,000 protesters into the streets of Islamabad. On Tuesday, police said some 700 remained, bringing parts of the capital to a standstill.

THE ASSOCIATED PRESS

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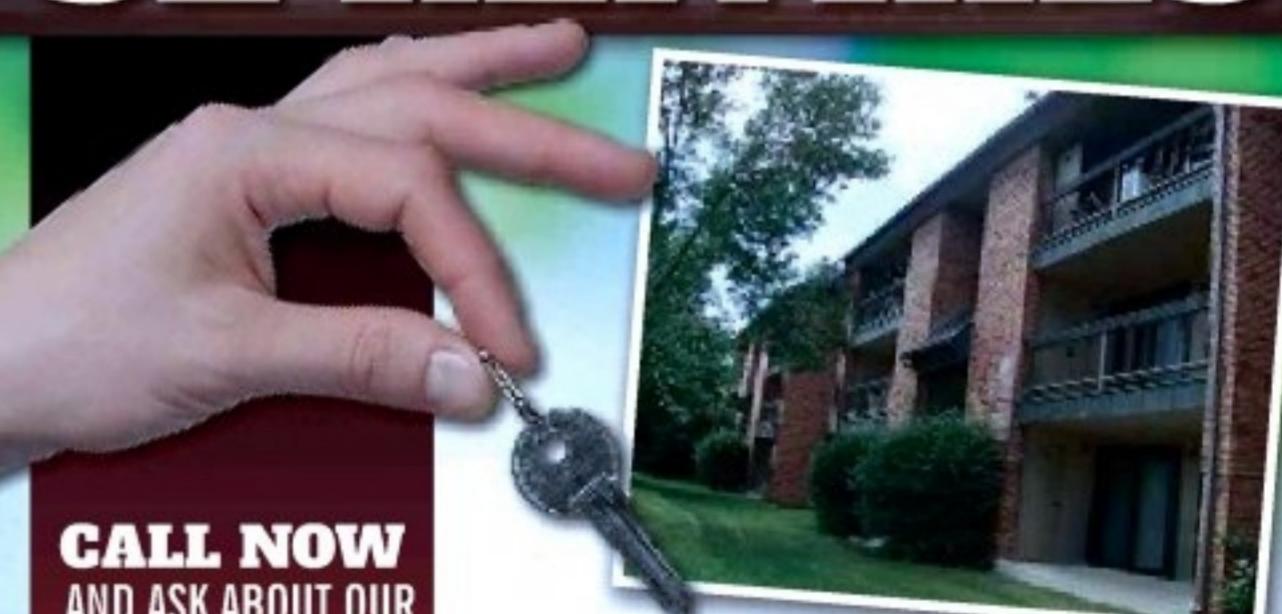
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Tech industry struggles to find skilled workers

EMPLOYMENT

Wanted: Web developers and coders

Three years ago, Erik Dohnberg was working at the Genius Bar at an Apple store in London, Ont.

He'd been there for 10 months after graduating with an information and media studies degree from Western University when he decided he wanted more.

With the intention of starting up his own business, Dohnberg signed up for a nine-week boot camp at Bitmaker Labs, a web developer training school in Toronto.

Within two weeks of completing the boot camp, Dohnberg had 16 job interviews and received two job offers. One of them was from Bitmaker Labs.

Tech skills programs like the ones at Bitmaker Labs have been sprouting up over the past few years in response to a tech talent shortage in Canada. It's a problem that has been bubbling to the surface, as more startups open up shop and try to recruit from an already-small pool of Canadian coders and developers.

A report released earlier this month by the Information and Communications Technology Council estimates that 218,000 tech jobs will be created in Canada by 2020. It warns that it could cost the economy billions of dollars in lost productivity, tax revenues and GDP if Canada doesn't address the tech skills gap.

At Bitmaker, courses range



A tutor helps a student at Lighthouse Labs in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

from weekend boot camps to an intensive nine-week course for \$9,000. The school believes anyone can learn how to code and its students include everyone from college and university dropouts to ex-engineers, investment bankers and skilled labourers. Bitmaker has also enrolled computer engineer and science graduates looking to update their skills.

Dohnberg said such boot camps are still not producing

workers fast enough to meet the demands of the ever-evolving tech industry, making it vital for colleges and universities to tailor their programs for jobs in the sector.

Vancouver-based Lighthouse Labs, which also runs web developer boot camps, sees its role as completely separate from that of a post-secondary institution.

"We consider ourselves complementary to university.

We're not trying to undercut it or disrupt it," said Jeremy Shaki, Lighthouse chief executive and self-proclaimed "chief talking officer."

The eight-week boot camp at Lighthouse accepts one out of three applicants, with the deciding factor being motivation, a coding background and a willingness to do hard work.

"We don't take people who are in it for the gold rush," said Shaki. THE CANADIAN PRESS

JOBS

Liberal budget fails to help jobless youth

A notable Liberal election pledge designed to encourage employers to hire young people failed to make the cut in last week's federal budget.

Prime Minister Justin Trudeau vowed during last year's campaign to offer a 12-month holi-

day on employment insurance premiums to employers who give permanent jobs to people aged 18-24.

The promise, announced in September by Trudeau himself, was supposed to come into force this year and extend through

2017 and 2018, but it didn't receive a mention in the budget.

During the campaign, Trudeau noted that the Chrétien Liberals did something similar in the late 1990s "to tremendously positive effect."

Last month, the country's un-

employment rate for youth aged 15 to 24 was 13.3 per cent, compared to 7.3 per cent for people 15 and over.

The pledge would have also provided financial relief for potential bosses by waiving their EI contributions. THE CANADIAN PRESS

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HIRING

Talent shortage means university not required

Before Hired launched in Toronto last November, nearly 27,000 people and more than 280 companies applied for the online service that matches job seekers with gigs in the tech sector.

About five per cent of applicants are approved to use Hired's services, and it usually charges firms 15 per cent of a new employee's first-year salary for each successful hire.

To Matt Mickiewicz, the company's co-founder and chief product officer, the high interest signals a problem — the jobs are there, but there are too few qualified candidates to fill them.

Canada's tech companies are in stiff competition for retaining top prospects. Organizations are struggling to find qualified applicants.

One of the top challenges for many is attracting and recruiting employees, according to an ICTC

survey where more than 53 per cent of respondents identified it as a problem.

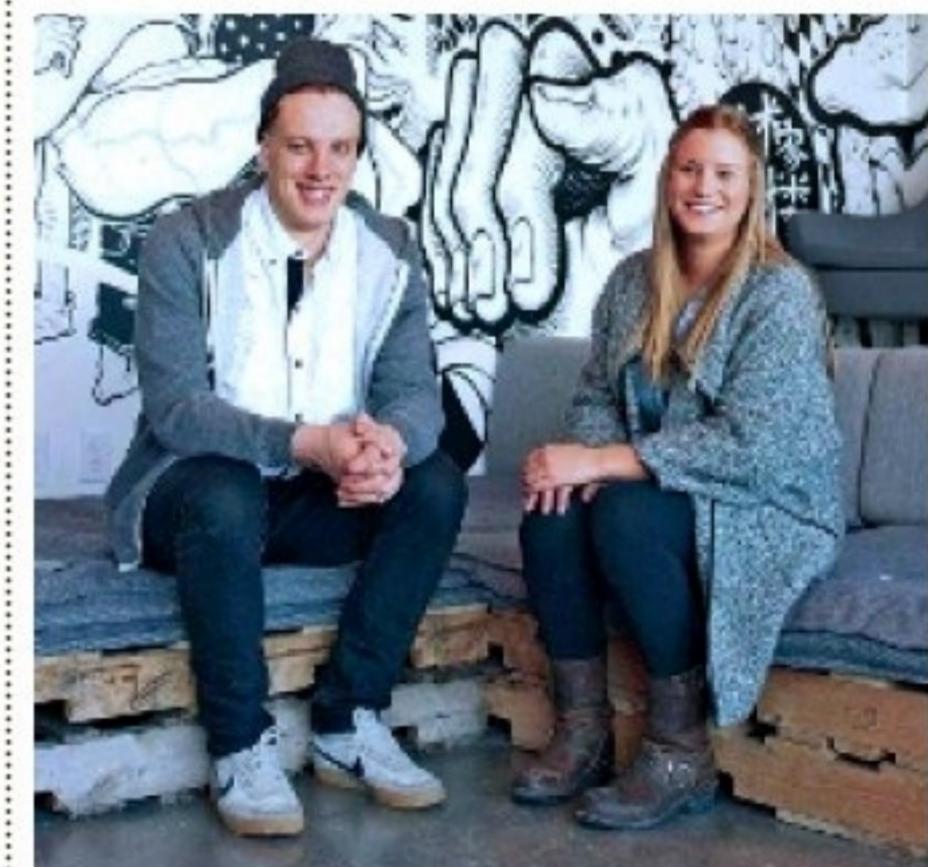
In looking for folks who are going to raise the bar, absolutely, there are challenges.

Anna Lambert

It's an issue Shopify, an Ottawa-based company, has encountered.

"In looking for folks who are going to raise the bar, absolutely, there are challenges," said Anna Lambert, Shopify's director of talent acquisition.

Tech companies must have an expansive recruitment strategy to bring in the best employees, she said. THE CANADIAN PRESS



Shopify's Harry Brundage and Anna Lambert. THE CANADIAN PRESS

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Campbell says it will remove BPA chemical from its cans by mid-2017

Juno menu hits all the right notes

STEP ONE

Spiced croutes

Yield: 4 servings

- Sidewalk Citizen Staple sourdough loaf
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/4 tsp sweet paprika
- 1/4 tsp ground black pepper
- 1/4 tsp sea salt
- 1 1/2 Tbsp extra virgin olive oil

Preheat oven to 350F. Slice sourdough loaf widthwise into 1/2-inch thick slices.

Mix all ingredients together and using a pastry brush, distribute mixture on 4 slices of sourdough. Toast bread in oven 6 minutes. Let cool on baking tray.

STEP TWO

Slow roasted Sunset Campari tomatoes

Preheat oven to 350F. Toss whole Sunset Campari tomatoes gently with olive oil, salt and pepper. Bake in oven for 16 minutes. Cool on baking tray until room temperature. Store gently until service as they are meant to be blistered but intact for service.



Chef Roger Mooking.

ALL PHOTOS BY NIKOLAI CUTHILL

THE JUNO GALA DINNER MENU

Tomato Surprise

*Baby Greens & Sunset Campari Bomb — Boston, Basil, Kale, Arugula, Sidewalk Citizen Spiced Croutes, Roasted Garlic Nuh Gana Dressing, Extra Virgin Olive Oil

Alberta Love

Blackened Canadian Rangeland Bison Tenderloin & Chimichurri — Parmesan Crushed Fingerlings, Grilled Lemon & Chili Oil Baby Bok Choy

*Herbed Mushroom Toast — Sidewalk Citizen Sourdough, Parmesan Crushed Fingerlings, Grilled Lemon & Chili Oil Baby Bok Choy

Cracked Caramel & Brownies

*Cup O' Coffee & Brownies — Chocolate Brownie Chunks, Phil & Sebastian Espresso Mousse, Sautéed Banana, Cracked Caramel

* indicates vegetarian option

STEP THREE

Roasted garlic

- 12 garlic cloves, peeled
- olive oil
- salt and pepper
- 1/2 tsp water

Preheat oven to 350F. Toss garlic cloves with olive oil, salt, pepper and water. Place garlic cloves on prepared baking sheet and cover tightly with aluminium foil. Bake for 45 minutes or until cloves are tender. Let cool on baking tray.

STEP FOUR

Nuh Gana dressing

Yield: 6-8 servings

- 1 red sweet pepper, roasted, peeled and deveined
- 8 cloves of roasted garlic
- 2 Tbsp extra virgin olive oil
- 1 Tbsp white wine vinegar

Combine all ingredients in a high speed blender and puree until smooth.

STEP FIVE

Salad mix

Yield: 2 servings

- 2 cups Loosely Packed Baby Kale
- 2 cups Loosely Packed Baby Arugula
- 1/2 cup Torn Fresh Basil Leaves
- 2 cups Torn Boston Bib Lettuce

Gently toss ingredients together to combine.

VODKA COCKTAIL

Downtown — The Sheepdogs

- 1 oz Polar Ice
- 1 oz Lillet Blanc
- 2 oz fresh grapefruit
- Garnish: wedge of grapefruit

Method: Combine all ingredients in a cocktail shaker, add ice and shake until well-blended for about 5 to 6 seconds and fine strain into ice filled rocks glass and garnish with wedge of grapefruit.



WHISKEY COCKTAIL

Cool With That — Brett Kissel

- 2 oz J.P. Wiser's
- 1/2 oz McGuinness simple syrup or homemade
- 3/4 oz fresh lemon
- 1/4 oz grenadine
- Garnish: lemon zest

Method: Combine the ingredients in a cocktail shaker, add ice and shake hard until well blended and chilled for about 5 to 6 seconds. Fine strain over ice in glass. Squeeze a lemon zest across the drink to release the oils, give it a twist and place it in the drink.



4

GRILLED CHEESE TAKE IT TO THE NEXT LEVEL

Not that there needs to be a reason to celebrate, but April is National Grilled Cheese Month and Canada makes some of the best cheese (and bread) in the world. So if you're going to make a grilled cheese, treat the ingredients with respect. We got you covered, from the scientifically proven way to make the best cheese toast to three more adventurous flavour combinations. Trust us, it's gonna be Gouda. **PHOTOS AND TEXT BY TORSTAR NEWS SERVICE**

1 The scientifically proven perfect cheese toast

In an unexpected example of corporate synergy, the 175-year-old Royal Society of Chemistry, a U.K.-based non-profit of international chemical scientists, and the British Cheese Board came up with the formula for creating the perfect slice of cheese toast in August 2013. Head chemist Ruth Neale described the perfect slice thusly:

"As the result of tests we carried out in our Chemistry Centre kitchen, we found that the perfect slice can be made by melting 50 g of sliced hard cheese, such as cheddar, on a slice of white bread, 10 mm thick, under the grill. The cheese on toast should sit at a distance of 18 cm from the heat source — which in our grill was at a temperature of

115C — and needs to cook for four minutes to achieve the perfect consistency and taste."

Here's what it means for non-scientists:

Step 1: Put 50 grams of medium sharp cheddar on a slice of 1-cm-thick white sandwich bread.

Step 2: Place bread on a lined pan in the oven. Make sure the bread is 18 cm under the heating element.

Step 3: Broil for four minutes at 240F (115C), or the low setting (our cheese didn't start bubbling until the seven-minute mark, since oven temperatures can vary depending on the make and model).

Step 4: Eat it.

Verdict: Never doubt science. The slice of cheese was smaller than the slice of bread but once it melted, the gooey cheese melted perfectly to reach the four corners of the slice. I thought that the bread would be too thin, since a regular slice of Wonder Bread is thicker than 1 cm but it acted as the perfect vehicle for the cheese. The bread was crisp but not burnt so it didn't overshadow the flavour of the bubbly cheese.

While turning on the broiler and breaking out the digital scale to measure cheese is a big production for toast, it is good to know of the potential deliciousness that could be had.

**2 Zythologue and Apple Curry**

Fans of a more pungent cheese should try this sandwich pairing by Toronto's Roncesvalles neighbourhood beloved fromagerie Thin Blue Line. Makes 1 sandwich.

Ingredients

- 2 thick slices sourdough
- Room temperature salted butter
- 3/4 cup grated Zythologue or raclette
- 1 Tbsp apple curry chutney or any fruit-based chutney

Directions

1. Butter both sides of bread. Sprinkle one slice with cheese and chutney and sandwich other bread slice on top.
2. Grill on a skillet over medium heat on both sides until bread is golden brown and cheese has melted. Serve immediately.

**3 Beijing Grilled Cheese**

Cheesewerks, the Toronto grilled cheese restaurant, has an eclectic menu and owner Kevin Durkee suggests making his Beijing grilled cheese where Asiago is paired with Chinese barbecue pork, yep, the kind you get in Chinatown. Makes 1 sandwich.

Ingredients

- Room temperature unsalted butter, for buttering bread
- 2 thick slices herb and onion sourdough, or plain sourdough
- 1 cup shredded Asiago
- 6 thin slices Chinese barbecue pork
- 2 green onion shoots, thinly sliced
- Hoisin sauce, to taste

Directions

1. Butter outside sides of bread. Layer one slice with pulled pork, cheddar and cucumber. Add mustard. Top with other slice of bread.
2. On a grill pan over medium heat, sear sandwich for 4 minutes on each side until cheese has melted. Cut sandwich in half and serve immediately.

4 Strawberry Compote and Mascarpone on Brioche

For a sweet take on cheese toast, Toronto cheese mecca Cheese Boutique owner Afrim Pristine would spread creamy mascarpone and tart strawberry compote on a buttery brioche. Makes 2 brioches.

Ingredients

- 2 small brioche buns
- 2 Tbsp mascarpone
- 1/4 cup strawberry compote (recipe follows)
- Balsamic vinegar, to taste

Directions

1. Preheat oven or toaster oven to 350 F.
2. Slice brioche buns in half. Spread mascarpone and strawberry compote on bottom halves of both brioches. Place bottom and top halves of brioches on a lined baking sheet and bake until mascarpone begins to melt and bread is slightly toasted, about 3 to 5 minutes.
3. Remove from oven. Drizzle balsamic vinegar on bottom halves of brioches. Place brioche tops on bottoms. Serve immediately.



Strawberry Compote
Makes about 1/4 cup strawberry compote.

Ingredients

- 1 cup strawberries, tops removed and quartered
- 2 tsp granulated sugar
- 2 tsp lemon juice

Directions

1. In a small saucepan over medium-low heat, add all ingredients and stir until sugar has dissolved. Bring to a slow simmer. Cover and continue to cook until strawberries become dark and syrupy.
2. Remove lid; stir occasionally to prevent burning. Remove from heat and let cool to room temperature.

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PORCELANOSA

This salmon salad is pretty in pink

RECIPE

A light and herby option for warmer weather

Nothing quite tastes of spring like a salmon salad.

It's light and pretty and herby, and when you add pasta it becomes a real meal. It's also quite portable, so you'll want to think of this when you're envisioning lunch at your desk the next day, or when you're invited to a potluck event.

And talk about easy to make. Poach the salmon. Boil the pasta. Puree dressing. Dump everything together and you're good.

You can speed chill the salmon by popping it in the freezer for a few minutes.

But if you have more time, you certainly could poach the salmon the night before and refrigerate it until ready. Likewise, the pasta also could be cooled briefly in the freezer, spread in an even layer on a rimmed baking sheet (or

similarly prepped the day before).

Some people really, really love cilantro, and some people really, really hate it.

It's actually a genetic thing. For some people, it tastes soapy or otherwise unpleasant.

So this recipe — with its creamy cilantro dressing — clearly is for the lovers, and not the dish to make if you're not sure about your audience. But if you'd rather lose the cilantro, feel free to substitute fresh basil.

Pasta salad with salmon and creamy cilantro dressing

Start to finish: 30 minutes
Servings: 6

Ingredients:

- 2-lb salmon fillet, bones removed
- Kosher salt
- 1 lb cavatelli or elbow pasta

For the cilantro sauce:

- 1 cup fresh cilantro leaves, plus extra to garnish
- 1/4 cup minced shallots
- 1 tsp Dijon mustard
- 1/2 cup mayonnaise
- 1/4 cup plain Greek yogurt (or another 1/4 cup mayonnaise)
- 2 Tbsp heavy cream
- Pinch cayenne pepper
- Ground black pepper

Directions:

1. Set the salmon in a large sauté pan. If needed, cut the salmon into 2 pieces. Add cold water to just cover.

2. Season with 2 teaspoons salt, then bring to a boil. Immediately turn off the heat, cover the pot and let the salmon sit for 10 minutes. After 10 minutes, transfer the salmon to a plate and set in the freezer to cool.

3. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and

cook according to package directions, then drain. Rinse under cold water to cool. Set aside to drain.

4. Meanwhile, in a food processor or blender combine the cilantro, shallots, Dijon, mayonnaise, yogurt, cream and cayenne. Puree until smooth, then season with salt and pepper.

5. When the salmon is chilled, remove the skin, if necessary, and break the flesh into bite-sized chunks.

6. In a large bowl, combine the pasta, cilantro sauce and salmon, then toss gently to combine. Garnish with additional cilantro leaves.

Nutrition information per serving: 710 calories; 290 calories from fat (41 per cent of total calories); 33 g fat (8 g saturated; 0 g trans fats); 90 mg cholesterol; 380 mg sodium; 59 g carbohydrate; 3 g fiber; 3 g sugar; 41 g protein.

THE ASSOCIATED PRESS



This salmon pasta salad serves six. THE ASSOCIATED PRESS

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What happens when 'It' goes on sale

STYLE

I'm a grown woman and I went bananas over a bag

Irene Kuan
Metro | Canada



I'm a level-headed, mature woman, but for a few minutes on the morning of March 29, I turned into a hyper-crazed, foaming-at-the-mouth maniac — for a handbag.

Touted as the bag to have by the international fashion gods, the black bucket bag with the red "flamma" interior by the little-known, yet notoriously hard-to-get brand Mansur Gavriel, has been on my must-have list for more than a year.

I've never managed to snag one, though, and I seethe with jealousy whenever I see a woman carrying one.

Mansur Gavriel, an American fashion house founded by designing duo Rachel Mansur and Floriana Gav-

riel, came to the attention of the media in 2013, and has continued to make a bigger splash on the fashion scene with each new collection, including at the latest New York fashion week in February.

Called the first post-recession "it" bag by Business of Fashion in early 2015, Mansur Gavriel's bucket bag has reached such cult status that the company headed to court earlier this month to fight back against copycats.

I needed this bag. I didn't care about the cost, or my composure. I was obsessed.

I counted down the minutes to 11 a.m. EST, PayPal account logged in and credit cards in hand. I had my boyfriend and a friend on standby in case anything went wrong (if you've tried buying a Mansur Gavriel online in the past, you'll know what I'm talking about).

Everything went wrong.

My black bucket bag was in the shopping cart, but my credit card was declined over and over again.

Seconds ticked by as the "sold out" slash marks began

appearing over each sought-after bag.

My heart began to sink, but then my friend texted. She got one! Then my boyfriend — he got one too!

So now I have not just one but TWO Mansur Gavriel bags. Price tag for both: \$1,250 US.

Had I gone bananas?

Maybe I fell for the genius way the fashion brand marketed their product, playing up the small-batch, high-quality production of the Italian-made bags, teasing us for weeks with the tiny, online sales window.

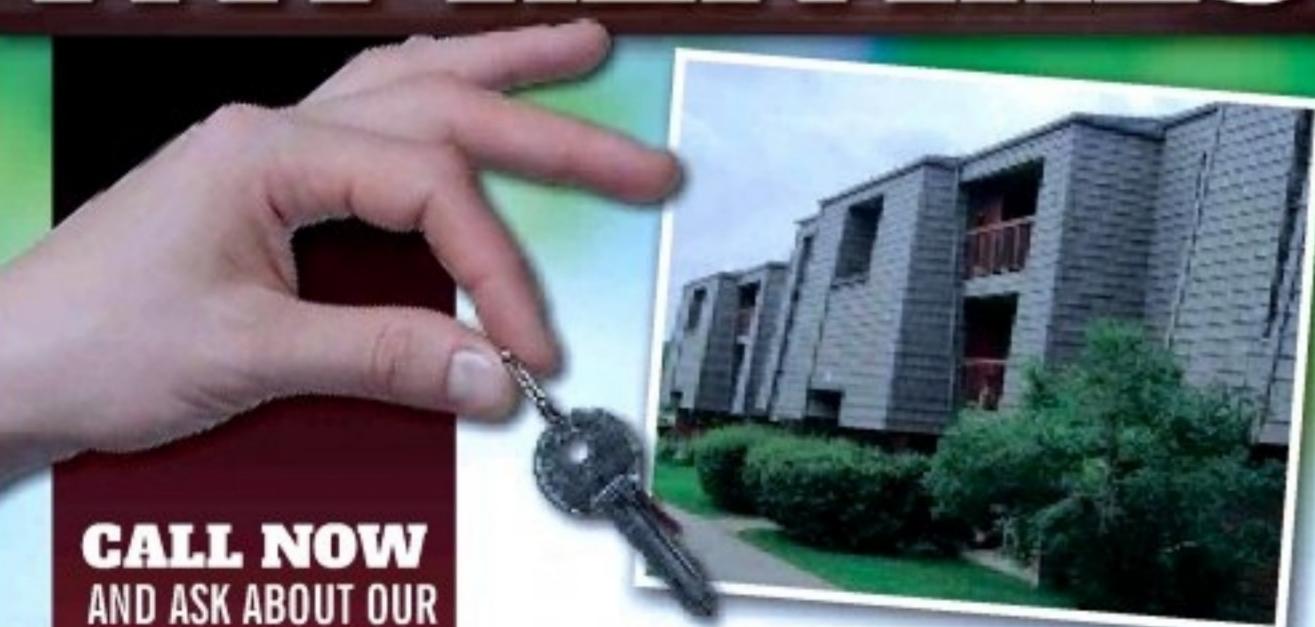
But then I looked at Mansur Gavriel's Facebook page, as it filled up with angry comments from throngs of disappointed shoppers.

See, it is THAT hard to get, I thought. And I got not one, but TWO. Score.



Metro's Irene Kuan scored not one, but two coveted Mansur Gavriel bags.
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Feeling lonely? Maybe rent a friend

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Ryan Porter
Torstar News Service

through Rent-A-Friend since joining four years ago, and the results had been drastically mixed. She describes one man she met for a drink as "too angry" — she politely excused herself early in the evening.

Another, in town for a meeting, invited her to the theatrical horsemanship showcase Cavalia. He got lost along the way and, frustrated that her phone was too old to receive photos of the surrounding landmarks, took her straight to the Apple Store and bought her an iPhone.

"I was really uncomfortable," she says. "I was incredibly grateful the whole day, like, thank you so much!"

Another guy asked her to accompany him to a wedding. "He didn't want any more, 'Why aren't you seeing anybody?'" she says. At the last minute, he cancelled.

Before meeting anyone, she sets ground rules to ensure it's understood just what kind of friend-for-hire she is.

"I'm not OK with hand holding," she says. "I'm OK with sitting next to you. We'll see, maybe a hug at the end. . . . For me, I'm not even going to get in your car."

Despite RentAFriend.com's goal of connecting people with friends, finding Lemon wasn't easy; of the 14 professionally social people I contacted, only half responded and most shirked press coverage of their

If I have nothing to do and I'm bored at home, why not, right? It gets me out of the house.

Rina Czerniawska,
friend-for-hire

This was in spite of encouraging early evidence. Lemon had cheerfully embraced the idea of attending a showcase of breaking bands at the Painted Lady, a bar on Ossington Ave., earlier this month when I contacted her through RentAFriend.com. The site arranges platonic hangouts at an hourly rate, plus a \$24.95 U.S. monthly membership fee.

Though she usually asks for \$20 to \$25 an hour, Lemon happily agreed to accept \$10 an hour in exchange for a free night out. Arriving 10 minutes early, dressed in a simple black T-shirt, smoky-eye makeup beneath her glasses and a necklace strung with the symbol from video game Assassin's Creed, Lemon nodded along as I made conversation, fixing me with a sympathetic, unblinking gaze.

This was the 15th or 16th time she had met someone



Cassandra Lemon, 22, was connected with Toronto Star reporter Ryan Porter through the site RentAFriend.com. He paid her \$10 per hour to hang out at the Painted Lady bar in Toronto. J.P. MOCZULSKI/TORSTAR NEWS SERVICE

side gig.

The people we reached include Parker, a 25-year-old filmmaker who joined the site last year as research for a screenplay, though he was never "rented." On the other end of the spectrum: Natasha, whose fee was "100/hr, with a 300 minimum."

I chatted with Rina Czerniawska, a 42-year-old waitress who has been on the site for six weeks. She'd gone out once, to

see a horror movie with a guy whose friends don't follow the genre. "You get to meet people," she says, a shrug in her voice. "If I have nothing to do and I'm bored at home, why not, right? It gets me out of the house."

While Czerniawska is up for new experiences, she turned down a request from a woman who wanted her to meet at Ossington Station every morning at 8:15 a.m. to make sure she made it to work. It's the only

story I heard about a woman trying to rent a friend. Lemon says all of her messages have been from men.

Ironically, Lemon has been using some of that extra Rent-A-Friend income to go out alone: she's gone to see arena acts such as Taylor Swift, Ed Sheeran and Ariana Grande solo.

We pause to listen to Color Film, an indie-rock guitarist from Hamilton. I worry that Lemon can't see. I worry that

the noise is overpowering the music for her the way it is for me. I worry about if she is having fun.

Though Lemon is nothing but upbeat about the experience, if there's any moral to the Rent-A-Friend story, I decide, it's this: If I'm going to make anyone suffer through an unknown rock band, I would rather it be with someone who I'm already comfortable not having fun with.

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THE CHECKLIST | 2016 NISSAN ROGUE

THE BASICS

Type. Four-door, five-passenger compact SUV
Engines (hp/torque). 2.5-litre four-cylinder (170/175)

Transmissions. Continuously variable (CVT)

Price. \$24,948 - \$35,548; as-tested \$29,548 (plus destination)



ROGUE PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

THE COMPETITION



Ford Escape
Base price: \$24,199



Toyota RAV4
Base price: \$25,240

REVIEW

Rogue great for cruising, but acceleration is sluggish

Jil McIntosh
For Metro Canada

items, or flipped up to keep grocery bags from sliding around.

The Rogue uses a 2.5-litre four-cylinder, mated strictly to an automatic continuously-variable transmission (CVT).

Its performance is fine once you're at cruising speed, but acceleration to get there is noisy and sluggish.

The ride is quiet and smooth, but I'd like more steering feel. All-wheel drive, optional on the two lower trim levels and standard on the top-line SL, primarily runs the front wheels but sends power to the rear ones when needed.

It can also be locked 50/50 at low speeds to get out of snow or mud.

There's a wide step over the sill. Once you're inside, the seats are very comfortable. And I love this: the seatbelt adjuster slides down farther than on anything else I've ever driven, so it doesn't choke shorter drivers.

The Rogue's starting price of \$24,948 puts it mid-range with most competitors. My tester was the new SV Special trim, a version of the mid-range SV but \$1,000 less since it lacks the SV's panoramic sunroof — a nice alternative if, like me, you want creature comforts but don't care for a glass top.

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Hydrogen Hyundai in the works

BUDD-E

Hippy van homage looks ahead

Volkswagen has opened a gateway to a possible electrified future with the zero-emission Budd-e minivan. It's a new-age tribute to the troubled brand's iconic '60s hippy van, the Volkswagen Bus. Due to bow in 2019, it's the first Volkswagen concept car based on a new Modular Electric Drive Kit. With electric four-wheel-drive it will have up to a 372-kilometre range.



TEXT AND IMAGES BY WHEELBASE MEDIA

CHEVROLET

New light on Bolt

Chevrolet has revealed more details about the production Bolt electric car. Like most production electric vehicles, the Bolt uses a single high-output motor to make the electric equivalent of 200 horsepower and a zero-to-96 km/h time of less than seven seconds, putting it in "hot hatch" territory. The Bolt is coming to Canada, but there's no word yet on pricing.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

HYUNDAI

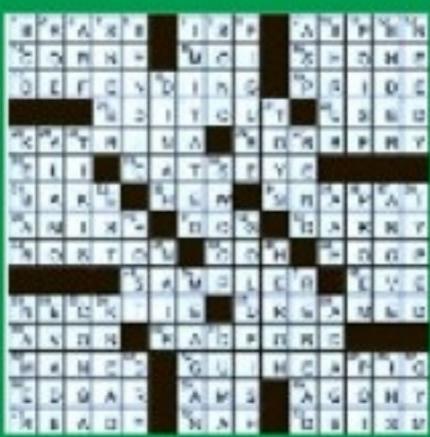
Kia may get on the H-train

Hyundai will launch a hydrogen-powered fuel-cell tall wagon by 2020, whose drivetrain and platform are likely to be used on a new compact Kia tall wagon, reports alternate-fuel webmag Green Car Reports. Sae-Hoon Kim, head of fuel-cell research for Hyundai and its Kia brand, said Hyundai is aiming for an 800-kilometre range, which would likely translate to around 640 kilometres on the more stringent U.S. testing cycle. It will replace the current Tucson Fuel Cell with its 425-kilometre range. It could achieve that in part by using bigger hydrogen tanks; the automaker expects to make efficiency gains through a dedicated platform, allowing engineers to properly build the body around the powertrain, making greater allowances for functions such as cooling.

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5	8	7	9	2	4	1	3	6
2	6	1	8	7	3	9	5	4
9	4	3	6	5	1	2	8	7
7	5	2	1	4	6	8	9	3
3	1	6	5	9	8	4	7	2
8	9	4	2	3	7	5	6	1
1	3	9	4	6	5	7	2	8
6	2	8	7	1	9	3	4	5
4	7	5	3	8	2	6	1	9



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MAVEN

Car sharing gains foothold at GM

The company has launched its own on-demand car-sharing service, called Maven. Customers use an app to search for and reserve a vehicle, and can use their smartphone to unlock and access the vehicle when they pick it up. The app also enables remote functions such as starting, heating and cooling and more, reports online auto newsmagazine Motor Authority. Customers will be charged by use, and the cost of the service includes insurance and fuel. Rollout will be gradual.



SUV as 'personal sanctuary'

LINCOLN NAVIGATOR SUV

Concept lighter, but still a behemoth

A spacious lounge on wheels.

That's Ford Motor Co.'s vision for the Lincoln Navigator SUV, due for its first major redesign in a decade. With help from actor and spokesman Matthew McConaughey, the brand unveiled a concept version of the vehicle recently at the New York International Auto Show.

The Navigator will drop some weight, helping fuel economy, but will still be a behemoth at more than 17-feet long. Executives say engineers took steps to erase what Navigator customers didn't like and accentuate what they did.

By watching customers, engineers found that people wanted to relax in their SUVs with less complexity. So they tried to create a "personal sanctuary" with large but supportive seats and a spacious feel. They made the dashboard less cluttered with only essential information such as vehicle speed on the display. Other information, such as the identity of a phone caller or a song on the radio, fades away after the first showing.

David Woodhouse, design director for the Lincoln brand, said they went for "a beautiful lounge-like space for the occupants."

Lincoln has largely missed the luxury big SUV boom that happened in part because of cheap gasoline. The brand sold only about 12,000 Navigators last year while its main competitor, General Motors' Cadillac brand, sold almost 36,000 Escalades. The Navigator, based on truck underpinnings, has been

DIFFERENCE

What won't make it

One feature on the concept Navigator won't survive in the production version that comes late next year: huge gull-wing doors that cover the first two rows of seats. They're too heavy and tough to work in real life.

updated but not completely revamped since 2006.

Kumar Galhotra, president of the Lincoln brand, expects the new vehicle to capture a bigger chunk of the market now dominated by GM.

Galhotra wouldn't comment on expectations that the new Navigator will have an aluminum body like Ford F-150, which is 700 pounds lighter than the model it replaced.

The new model needs to be lighter to meet federal fuel economy standards. No gas mileage or weight figures for the new vehicle were released Wednesday.

The new Navigator will be smaller than the current extra-length version, but bigger than the standard model, which is 17.3 feet in length. The current standard model weighs 2.9 tons.

McConaughey made a short appearance on stage with executives, walking next to the Navigator and speaking briefly about it. Ford CEO Mark Fields attributed the brand's recent sales increases in part to McConaughey.

Second- and third-row passengers get video screens behind the headrests that are a foot wide. Drivers can show their faces on the screens and communicate with the back-seat passengers without turning around or yelling.

THE ASSOCIATED PRESS



Actor Matthew McConaughey and Ford CEO Mark Fields introduced the Lincoln Navigator Concept. THE ASSOCIATED PRESS



Lincoln unveiled a concept version of its Navigator full-size SUV. FORD/CONTRIBUTED

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metro SPORTS

Denzel Valentine of Michigan State and Buddy Hield of Oklahoma were unanimous selections to the AP 2015-16 All-America team

No more tears: Moving on minus the playoffs

NHL

Seven Canadian cities lacking a certain buzz this spring

Pete Mahovlich cried.

He teared up after the last game of the 1969-70 season, when the Montreal Canadiens were eliminated from the playoffs. They finished fifth in the NHL's East Division with 92 points, 21 points up on the sixth-place Maple Leafs, but they lost a tiebreaker with the New York Rangers.

"I was devastated — really, really devastated," said Mahovlich, a big, scoring winger who is now a scout with the Florida Panthers. "I'll tell you why I cried. I had been with the Detroit Red Wings for three years, and they had not made the playoffs in those three years.

"So I got traded to Montreal, and in the very first year I got traded there, that was the first time they'd missed the playoffs in 20 years."

Few, least of all Mahovlich, could have seen it coming then. For the first time in NHL history, no Canadian team would participate in the Stanley Cup playoffs.

But everyone can see it happening this year, when no Canadian team will see the post-season for the second time.



The Battle of Alberta lacks high stakes at the moment as the Flames will visit Connor McDavid's Oilers on Saturday with both teams in a race to the bottom. DAN RIEDLHUBER/GETTY IMAGES

(Heading into Tuesday night's games, Ottawa was the last hope and that hope was hanging by a thread; the Senators were one loss or one Boston point from elimination.)

It was a development predicted as early as January and feared by Sportsnet, the Canadian rights holder for playoff broadcasts. It became obvious at the trade deadline when the seven Canadian teams were sellers, more interested in high-draft positions than making a desperate run for the last wild-card spot.

The apathy across Canada, a

supposedly hockey-mad country, has been palpable. Not only have ratings crashed, but on a recent Saturday night, U.S. college basketball's March Madness trended on Twitter ahead of anything emanating from the Hockey Night in Canada broadcast.

There is no sense of drama with the Canadian teams, unless your idea of drama is a turtle race to last place. Fans of one team actively cheer for their rival to win. Goodness knows what will happen when Edmonton plays Calgary later this week. Leafs fans were very

happy to lose to Ottawa recently.

Today, with wild cards and the possibility of divisional cross-overs, truly the worst teams miss the playoffs. And seven of them are Canadian.

"Last year, five Canadian teams made (the playoffs)," Mahovlich said. "It shows you how fragile some of those teams can be when you have that many teams miss the playoffs after making the playoffs. Injuries play a part, there are so many factors that can set an organization back. It doesn't take much." TORSTAR NEWS SERVICE

CONCUSSIONS

NHL documents show leadership's concern

Unsealed NHL documents in the concussion lawsuit brought by former players reveal an internal debate by league officials over head injuries and a deeper concern about the impact of fighting than what has been publicly shared by NHL leadership.

Spokesman Frank Brown said Tuesday the league's stance has not changed from Commissioner Gary Bettman's comments during the All-Star game weekend. Bettman said

then that the release of the "out of context" documents would be "a distraction at best" and "not impact the merits of the case."

The material was obtained by The Associated Press from counsel for the plaintiffs and was first reported by Canadian sports network TSN.

More than 100 former NHL players have joined the class action against the league over its handling of concussions.

THE ASSOCIATED PRESS

IN BRIEF

Pacioretty's pair lifts Canadiens over Red Wings

Max Pacioretty's second goal of the night lifted the Montreal Canadiens to a comeback 4-3 victory over the visiting Detroit Red Wings on Tuesday.

The Canadiens got goals from Pacioretty and Paul Byron in the first period only to see the Red Wings tally three times in the second from Gustav Nyquist, Anthony Mantha and Mike Green. Sven Andrighetto tied it for Montreal in the third before Pacioretty got the game-winner at 11:18.

UFC unveils Ottawa venue

The UFC has added six Canadian fighters to its June 18 card at The Arena at TD Place in Ottawa.

The card's main event was previously announced —

No. 1 welterweight contender Rory MacDonald against No. 2 Stephen Thompson — but the venue was not made public until Tuesday.

The UFC plans two more cards in Canada this year, including one pay-per-view. Calgary, Toronto and Vancouver are in the mix for the shows. THE CANADIAN PRESS

Jones jailed on violation

Former UFC light heavyweight champion Jon Jones, who trains in Albuquerque, N.M., has been booked into the county jail for a probation violation. The arrest stems from traffic citations he received last week.

Jail records show he was being held Tuesday without bond.

It was unclear when he will appear before a judge.

THE ASSOCIATED PRESS

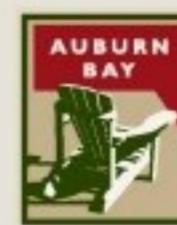
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Ken Klee a keeper: U.S. squad

WOMEN'S HOCKEY

Veteran coach open to leading team at S. Korea Olympics

If it were up to captain Meghan Duggan, Ken Klee would be behind the U.S. women's hockey team bench at the 2018 Winter Olympics.

"We've got a good thing going with him right now," Duggan said. "He's been kind of exactly what we've been looking for these last couple years."

"I've obviously been a part of U.S. teams over the last 10 years. Great coaches along the way, but I feel really confident in his ability to lead us in the right direction."

Klee played defence in the NHL for 14 seasons, mostly with the Washington Capitals, before retiring in 2009. The 44-year-old from Indianapolis began coaching U.S. women's teams — both national and under-22 — in 2014.

His record is 15-2-1-2, including a 3-1 win over Canada at



Team USA coach Ken Klee speaks to his players during second period action against Canada at the women's world hockey championships, Monday. RYAN REMIORZ/THE CANADIAN PRESS

the Sandman Centre on Monday to kick off the preliminary round of the women's world hockey championship.

The U.S. won both the world

championship and the Four Nations Cup in 2015 with Klee as their coach. He's open to the idea of leading the American women into Pyeongchang,

South Korea, in two years.

"I would love to if the opportunity is there. I've had the question a lot," Klee said. "I've just got to keep winning."

+ U.S. BEATS CANADA 3-1

Hilary Knight had two goals and Brianna Decker scored the winner to help the United States begin its title defence at the women's world hockey championship with a 3-1 victory over Canada on Monday night.

Knight's even-strength

goal tied it 1-1 with 10:02 to play, and Decker scored a power-play goal about 4 minutes later.

Knight added an empty-netter with 20 seconds left.

Laura Fortino scored for Canada 14 seconds into the third period.

since then. Sweden took silver in 2006.

Former pro player Kevin Dineen coached Canada's women to gold in 2014 before returning to the NHL's coaching ranks as an assistant with the Chicago Blackhawks.

Doug Lidster, who played 16 NHL seasons, was an assistant coach of the Canadian women's team that won Olympic gold in 2010.

He's now an assistant with the Vancouver Canucks.

Go to [metronews.ca](#) for coverage of Canada's late game against Russia

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DAILY TREAT

A woman is sitting at a table, eating a meal. A dog is sitting next to her, looking up at her. The background shows a window with a view of a city skyline.

Calgary metro

RECIPE Spaghetti with Pancetta and Spinach



Ceri Marsh & Laura Keogh
For Metro Canada

You already know pasta is an easy way to tackle dinner but this dish is not only fast but it's packed with flavor. Thank you, pancetta.

Ready in

Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

- 250 g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted

water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

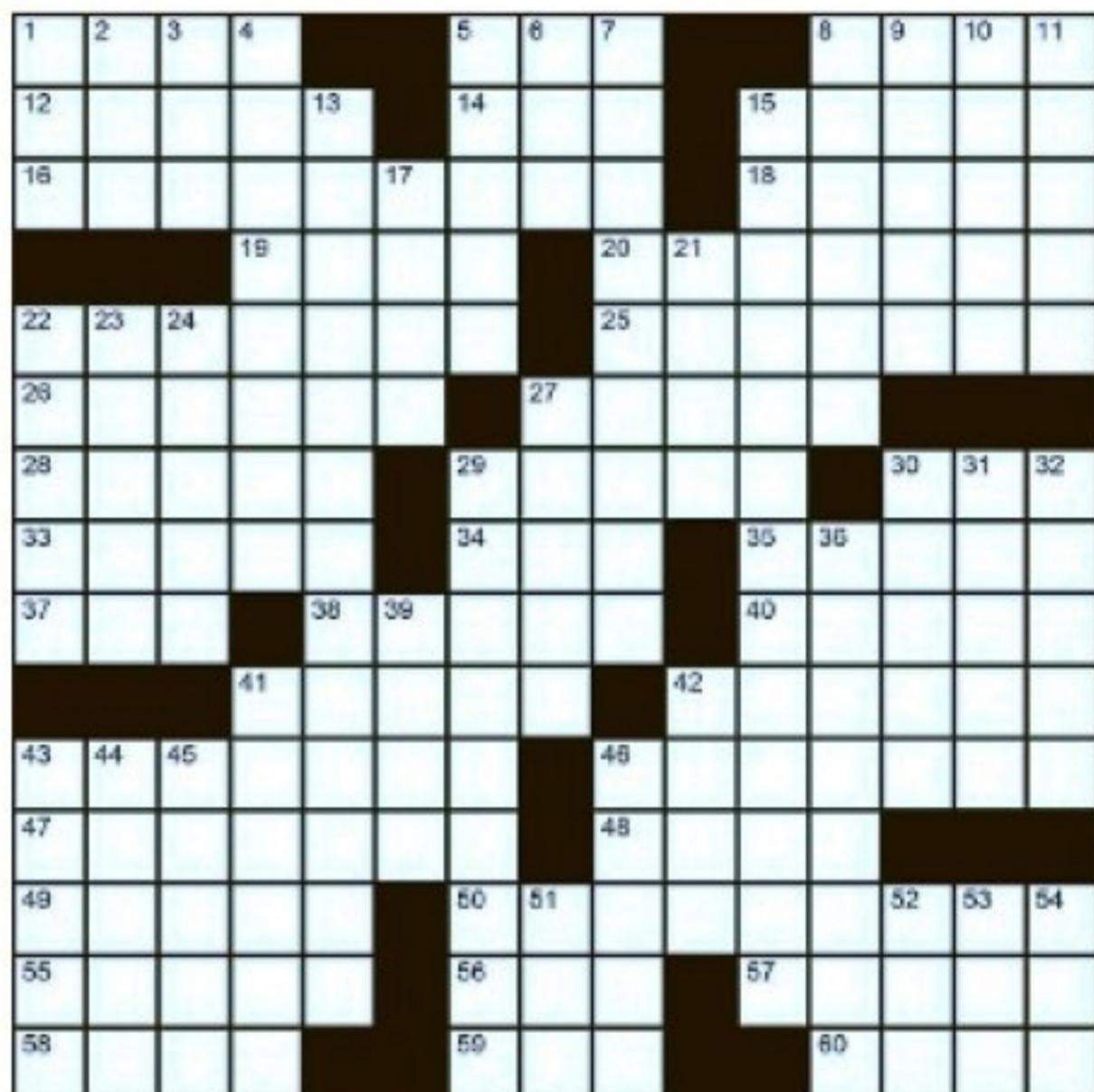
2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Mr. Clayton of U2
5. City ride
8. Legally fair
12. Canadian eyewear chain, _ Optical
14. Cuckoo bird
15. Del _ (Canned fruit brand)
16. Tilted up against: 2 wds.
18. Variety of flower
19. Nylons nuisance
20. Store employee at the counter
22. Married Canadian hosts of #15-Down, _ and Dave Wilson
25. Miss Havisham's ward
26. Islands of Portugal
27. French _ (Fast food order)
28. Don Juan types
29. Cloudiness of vision
30. "Star Trek: Voyager" role
33. English speaker, for short
34. Quebec flag symbol, Fleur-de- _
35. Unfresh, as bread
37. Golfing prop
38. Contaminate
40. Western movie
41. Blue Rodeo's _ "Hit Me Yet"
42. "The" _ (Steve Carell series)
43. Scattered
46. Seats for Miss

- Muffet
47. Muse of comedy in Greek myth, and her namesakes
48. Strait of Belle _
49. Comic actress Ms. Wilson
50. Divide, as with a wall

55. Have _ of one's own
56. Be in debt
57. Fried foods coating, perhaps
58. " _ Dinah" by Frankie Avalon
59. Writer Mr. Lawrence, et al.
60. Skim

- DOWN
1. Hamilton Bulldogs org.
2. Actor, Daniel _ Kim
3. Alias, e.g.
4. Troubadour
5. Loose fitting
6. One, in Mexico
7. Most earnest

8. Teasingly jokes
9. Johnny Mathis hit bit: "... _ the twelfth of never..."
10. Structural material
11. Earth
13. Team the Ottawa Senators

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid intense discussions and encounters with bosses, parents, teachers and VIPs today. They could quickly disintegrate into a nasty argument!

Taurus April 21 - May 21
Research that you do today might yield something shocking. It could be a secret from the past. It also might relate to politics or religion. Be careful how you use this information.

Gemini May 22 - June 21
Discussions with a friend or a member of a group might turn into a power struggle today. Don't try to force your opinions on anyone else, and don't let anyone do this to you.

Cancer June 22 - July 23
This is a poor day to talk to authority figures, because you probably are obsessed with an idea. You're like a dog with a bone. This will not go over too well. Wait for another day.

Leo July 24 - Aug. 23
Avoid controversial subjects, because you will end up arguing about politics, religion or racial issues. People are intense and obsessed today!

Virgo Aug. 24 - Sept. 23
Quarrels about shared property, inheritances, taxes, debt and jointly held possessions might come to a head today. However, this is a poor day for these discussions. Ya think?

Libra Sept. 24 - Oct. 23
Avoid quarrels with partners and close friends today. Either you or someone else won't let go of an idea, which is the source of the problem.

Scorpio Oct. 24 - Nov. 22
You might have to fix broken equipment at work today. In doing so, avoid quarrels with co-workers who think they know better.

Sagittarius Nov. 23 - Dec. 21
Parents should be easygoing with kids today, because it's a quarrelsome day. Likewise, romantic partners might experience conflict. Just let it go. Lighten up.

Capricorn Dec. 22 - Jan. 20
Be tactful during family discussions today because people are obsessed about issues. Home repairs are one thing that seems to be on the table right now.

Aquarius Jan. 21 - Feb. 19
Do not try to coerce others to agree with you today. (Ironically, you won't get them to agree anyway.) Just keep things light, because relations with others are intense.

Pisces Feb. 20 - March 20
If shopping today, be careful! You might buy something regardless of whether you should do this or not. Avoid quarrels about money and possessions, as well.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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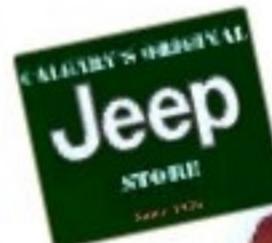
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